

## **Publications Order Form**

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Maine WIC Nutrition Program  
SHS 11  
Augusta, ME 04333

#### **Pregnancy**

- \_\_\_\_\_ Expectant Mothers and Foodborne Illness (.05 each)
- \_\_\_\_\_ A Healthy Start (.05 each)
- \_\_\_\_\_ You Can Have A Healthy Baby ( for teens) (.05 each)

#### **Breastfeeding and Postpartum Materials**

- \_\_\_\_\_ Breastfeeding, Baby's Best Start (.20 each)
- \_\_\_\_\_ Breastfeeding Food Guide (.10 each)
- \_\_\_\_\_ Breastfeeding Guide (Educational Flip Chart) (.30 each)
- \_\_\_\_\_ Common Questions About Breastfeeding (.15 each)
- \_\_\_\_\_ How To Breastfeed Your New Baby (.05 each)
- \_\_\_\_\_ Postpartum Care (.10 each)
- \_\_\_\_\_ You Can Breastfeed Even If. . . (.05 each)
- \_\_\_\_\_ Your Life Is Easier When You Breastfeed (.05 each)

#### **Food Guides**

- \_\_\_\_\_ A Healthy Start (prenatal feeding guide) (.05 each)
- \_\_\_\_\_ Food for Baby's First Year (infant feeding guide) (.05 each)
- \_\_\_\_\_ Infant Feeding Guide Chart (.05 each)
- \_\_\_\_\_ Preschool Feeding Guide Chart (.05 each)
- \_\_\_\_\_ What Should Little Kids Eat (preschool feeding guide) (.05 each)
- \_\_\_\_\_ Making Your Own Baby Food (.05 each)
- \_\_\_\_\_ Do You Have A Picky Eater At Home?
- \_\_\_\_\_ A Parent's Guide to Happier Meal Times (.05 each)

## **Health Tips**

\_\_\_\_\_ Everybody Is Made to Move (.05 each)

## **Nutrients/Foods**

\_\_\_\_\_ Easy and Delicious Ways to Use Beans (.05 each)  
\_\_\_\_\_ Eat Fiber for Good Health (.05 each)  
\_\_\_\_\_ Eat Less Fat (.05 each)  
\_\_\_\_\_ Fast & Easy Fruits & Vegetables for Busy People (.05 each)  
\_\_\_\_\_ Versatile Vegetables (.05 each)  
\_\_\_\_\_ Beginner cook recipes for fresh vegetables (.05 each)  
\_\_\_\_\_ Five-A-Day For Better Health (.05 each)  
\_\_\_\_\_ Food to Go (.05 each)  
\_\_\_\_\_ Iron (Adult) (.05 each)  
\_\_\_\_\_ Milk Recipes (.05 each)  
\_\_\_\_\_ Vitamin A - The Eyes Have It (.05 each)  
\_\_\_\_\_ Vitamin C - Every Day (.05 each)  
\_\_\_\_\_ What to do About Overweight (.05 each)  
\_\_\_\_\_ Are You Getting Your Folic Acid Every Day? (.05 each)  
\_\_\_\_\_ Read Food Labels (.05 each)  
\_\_\_\_\_ Folate For A Healthy Baby & A Healthy You (.05 each)  
\_\_\_\_\_ Juice - Can Kids Get Too Much of a Good Thing? (.05 each)

## **Shopping**

\_\_\_\_\_ Save Money and Eat Well (.05 each)  
\_\_\_\_\_ Save Money on Food (.05 each)  
\_\_\_\_\_ Smart Food Shopping (.05 each)

## **Infant and Child Care**

\_\_\_\_\_ Bath Time For Baby (.05 each)  
\_\_\_\_\_ Changing Your Baby to a New Formula (.05 each)  
\_\_\_\_\_ Constipation (.05 each)  
\_\_\_\_\_ Exercising With Your Child (.05 each)  
\_\_\_\_\_ Help Your Child Be Healthy (.05 each)  
\_\_\_\_\_ Help Your Child Develop Healthy Habits (.05 each)  
\_\_\_\_\_ Mixing Infant Formula - The Safe Way (.05 each)  
\_\_\_\_\_ Prevent Baby Bottle Tooth Decay (.05 each)  
\_\_\_\_\_ Taking Care of Your Baby's Teeth (.05 each)  
\_\_\_\_\_ Taking Care of Your Child's Mouth (.05 each)  
\_\_\_\_\_ Toilet Training (.05 each)  
\_\_\_\_\_ Wash Away Those Germs (.05 each)  
\_\_\_\_\_ Weaning From Bottle To Cup (.05 each)

### **Smoking, Alcohol and Drugs**

- \_\_\_\_\_ Please Don't Smoke - Prenatal (.05 each)
- \_\_\_\_\_ Please Don't Smoke - Passive Smoke (.05 each)
- \_\_\_\_\_ Pregnant? Drugs and Alcohol Can Hurt Your Unborn Baby (.05 each)
- \_\_\_\_\_ Even One Drink Is Too Much (.05 each)

### **Growth Charts**

- \_\_\_\_\_ Boys 0-36 mos. (.05 each)
- \_\_\_\_\_ Boys 2-18 yrs. (.05 each)
- \_\_\_\_\_ Girls 0-36 mos. (.05 each)
- \_\_\_\_\_ Girls 2-18 yrs. (.05 each)
- \_\_\_\_\_ Prenatal Weight Gain Grid (.10 each)

### **WIC Program Outreach Materials**

There is no charge for WIC brochures, posters and referral materials.  
Please specify quantity.

Referral Postcards (25/pad) Qty.

Referral Notepads (50/pad) Qty.

Want Healthy Children? WIC Helps it Happen Qty.

WIC, A Health Program Supporting Families Qty.

The Facts About WIC Qty.

It's a hand, not a hand out - poster Qty.

Feed the Dream - poster Qty.

Name \_\_\_\_\_

Organization \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State of Maine

Zip Code \_\_\_\_\_

E-mail address \_\_\_\_\_